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President Eibeck speaks with concerned students at last Tuesday's fireside chat.

Sara Menges

Students Chat with President Eibeck at UC Fire Pit

Sara Menges
NEWS EDITOR

This past Tuesday on October 4th, President Eibeck opened up a fireside chat outside the DeRosa University Center. Dressed in a gray Pacific sweater and accompanied by her Golden Retriever Gracie, Eibeck greeted students and staff sitting around the fire pit. After introductions of name and year, Eibeck opened the conversation by asking if there was "anything in particular" that the students wanted to talk about.

"We just wanted to say hello, you're kind of an elusive character I suppose." Commented Andy Hansen, first year Graduate Student at Pacific, "We know that you're here but sometimes it's just like, where is she?" Not only did students have a chance to see the President in person that evening, but the fireside chat also allowed them to interact with her and discuss topics of their choice.

One particular issue that was brought up before the president was made by David Creel, Senior in Music Management. Concerning the stage that used to be at the McCaffrey Center,

Creel mentioned that Pacific could "definitely do a lot of programming there and bring a lot of music out to a nice stage outside the Grove." He was hoping to see if President Eibeck could "look into" the situation of a "financial standoff" that appears to be in place amidst the efforts to rebuild a stage there.

When asked what was on his mind, Bryant Gregory, sophomore in International Relations, also raised some ideas on improvement around campus. On the topic of safety and "how to make Stockton more of a college city" Gregory brought up various ideas to make walkways around campus "more safe and inviting for students to walk down on."

President Eibeck acknowledged the "important" things that Gregory touched and continued to talk about the measures Pacific was taking to improve campus security. "Safety is a big issue on our mind" she explained.

Not only is Pacific consulting experts and observing the tactics of other campuses around the U.S but they are also discussing the ideas of an increase in lighting and implementing cameras for monitoring.

Despite the light rain, students stayed around the fire pit and joined in on the discussion with their own opinions and feedback of experience with campus public safety. The conversation topics that evening ranged from talking about Tiger Nights, Pacific's Swing Dance Club, and the Board of Regents Meeting on Residence Halls, the political situation in Egypt to advice on how to obtain an administrative role or become president of a university.

There will be more opportunities to talk to the President later this month and next month. On Tuesday October 18th and November 29th she will have open office hours from 4.30PM to 6PM.

Dialogues of Distinction: Origin and Purpose

Josh Chipponeri
CONTRIBUTING WRITER

The Dialogues of Distinction, the next phase in President Eibeck's ongoing series "Beyond Our Gates... Into the Community," is happening Wednesday October 12th at Amos Alonzo Stagg High School from 8 to noon.

These "Dialogues of Distinction" are the latest strategic action taken by the University of the Pacific in creating, fostering, and growing community relationships and partnerships.

A growing partnership development though "Beyond Our Gates" is flourishing, demonstrated by Stockton Mayor Ann Johnston's engaging partnership through service as Chair for the "Beyond Our

Gates" Community Council of local leaders.

As President Eibeck said in her remarks at the November 12th "Celebrate Our Shared Future" event, "...Pacific's people are also Stockton's people. And we are deeply committed to serving this region." She went on to clarify how the Dialogues of Distinction are the next progression of "Beyond Our Gates..." later in that address.

"We are committed to continue being a convener around regional issues. Many of you have shared with me how powerful "Beyond Our Gates" was in bringing together leaders from different sectors. Indeed, well over 100 organizations and campus programs

Dialogues of Distinction
CONTINUED ON PAGE 4

Pacifican Hosts 2011 Journalism Conference

FranShawn Croft
STAFF WRITER

There may no longer be a Journalism program at the University of the Pacific, but after 103 years the press is still in business at the Pacifican. Staff writers, editors, managers, potential writers and the paper's advisor were on deck along with guest speakers this past Sunday for the Journalism Conference that was held at the Alex and Jeri Vereschagin Alumni

House. The conference was not solely for the "people in the steeple" (the Pacifican staff), but was planned for everyone with a writer's itch in mind.

Pacifican advisor and Professor of Communication Dave Fredrickson shared with those gathered a few tales from his journey in journalism. Prof. Fredrickson encouraged the attendees to understand

Journalism Conference
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National Breast Cancer Awareness Month

FranShawn Croft
STAFF WRITER

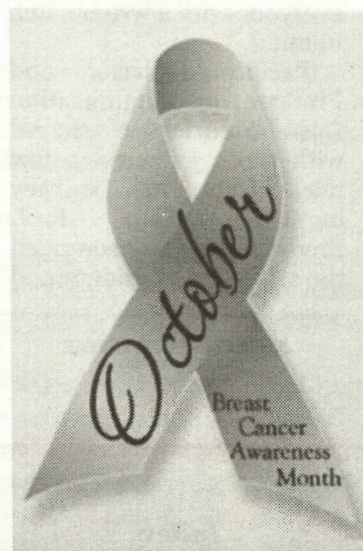
Every October marks National Breast Cancer Awareness Month which, is currently in its 27th year as an organization. It was started by the National Cancer Society and the pharmaceutical division of the company Imperial Chemical Industries (NBCAM).

NBCAM is an international annual health campaign that has progressed from promoting mammograms to raising funds for many things such as breast cancer research, treatment, and ultimately the annihilation of the disease.

This year for National Breast Cancer Awareness Month, The University of the Pacific is participating in the 15th annual Lee Denim Day. The University has formed a team and are asking for participants to join in and stand with them in the "fight" against breast cancer.

Since 1996 the "one day, one cause, one cure" philosophy has raised more than \$83 million for the ongoing battle against a cancer that affects so many women and even men.

The concept of the program is to get companies to go casual for a day, and have the employees donate \$5 to wear their denim jeans to work.

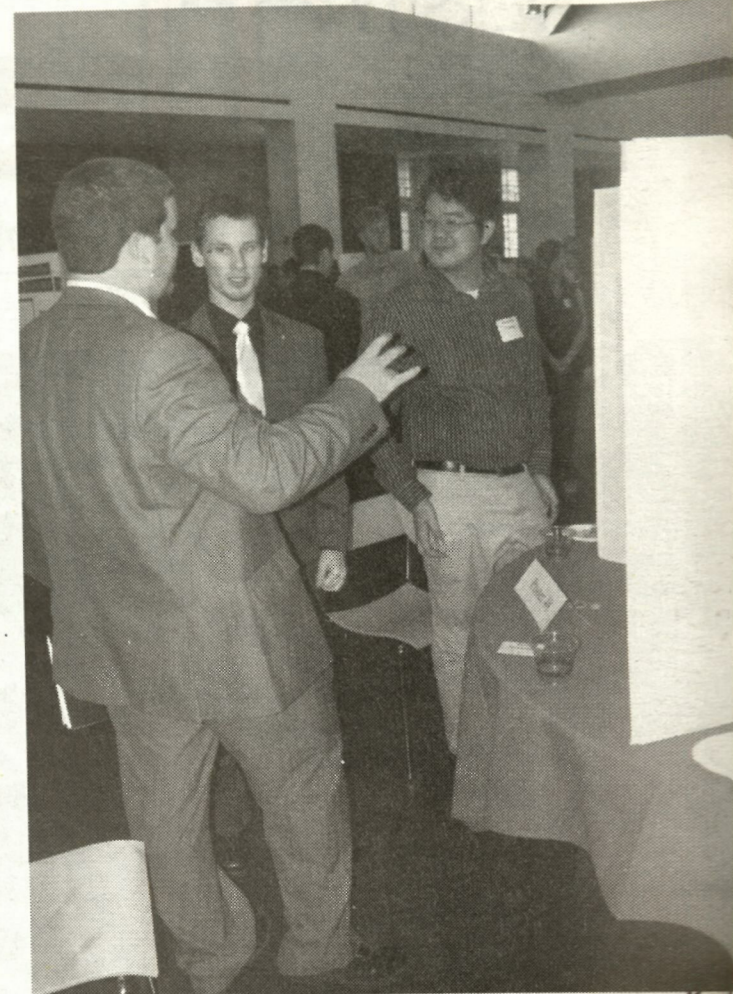


ALC News



Karla Cortez

Pacific booth with information on the PURCC (Pacific Undergraduate Research Conference) and student research projects.



Karla

Pacific Students Jesse Neuman and Benedict Leong at the Info Session

The Where and How of Your Future Pacific Hosts Research and Graduate School Info Session

Karla Cortez
COPY EDITOR

It's the beginning of a new school year at Pacific and for upperclassmen, it is also a time to start planning for life after college. There are many options available to all Pacific students, from going to law school, medical school, entering a graduate program or joining the Peace Corps. The question is, what do you want as an individual, where do you want to work, and who do you want to be working with?

Last Wednesday September 28th, the Career Resource Center offered 4 information sessions throughout the day, offering students advice on how one can go about applying for graduate or professional programs. There was a session devoted to financial aid, law school, and other graduate programs as well as one focusing on the international studies programs. The third information session was hosted by Diane Farrell,

the director of the Career Resource Center and Cirena Sweetland-Gil, the director of Graduate School Operations here at University of the Pacific.

Diane focused her presentation on students who are unsure about what they want to do after college. She offered a few words of advice, namely that applying to graduate school is a decision that should not be taken lightly. Farrell stressed not to obtain an advanced degree without figuring out your career goals and how the degree you want relates to them. Also, she stated that the best reasons to continue your education is because it is necessary for your career or because you love your subject. "Bad reasons" she claimed are because you're afraid you won't be able to find a job, or you don't know what else to do.

However, regardless of your reason Farrell would still direct all students to the Career Resource Center for further one-on-one assistance. Services that are offered for Pacific students

at the center range from discussing goals and relevant programs to decision making strategies, application time-lines, interview practice, and resume feedback.

Representing the office of Research and Graduate Studies, Cirena Sweetland-Gil encourages Pacific students to take advantage of the research and graduate studies information on their website which can be accessed from the right sidebar of the Pacific.edu home page. University of the Pacific offers a wide range of advanced degrees in law, physical therapy, education, psychology and many other fields of study. Even if you are looking to continue furthering your education elsewhere, the website still offers information on Graduate school applications, deadlines, and program minimum requirements.

Cirena also stressed the importance of knowing that graduate programs "can open doors and close doors at the same time". You must be willing to work hard and be committed to a program that

is in a completely different league than undergraduate school she continued. She outlined "important factors in getting admitted to a program. They are: relationships with professors for good references, conducting undergraduate research, and having a strong academic standing and SAT Scores. Personal statements were also discussed when asked what the important part of a graduate school application was. She responded, "The letter of intent, it helps the committee situate you as an individual."

So if you're like me, of the other upperclassmen and still aren't sure about the future, it may be time to sit down and figure it out. Pacific has tools to help students and encourage students to take advantage of these tools in a smart manner. According to Farrell, start junior year, you want to go to a graduate program right after finishing your undergraduate and always remember to have clear career goals.

Career Resource Center and Pacific Alumni Association Host "You" Make a Difference Day

Sara Menges
NEWS EDITOR

Next week on October 11th the Career Resource Center and Pacific Alumni Association will be hosting the 2011 "You" Make a Difference Day. The event will take place in the new Alez & Jeri Vereschagin Alumni House from 3.00 - 5.00pm.

As a follow up to the Welcome Weekend M.O.V.E program, this event aims to provide Pacific students with the opportunity to further give back to their communities.

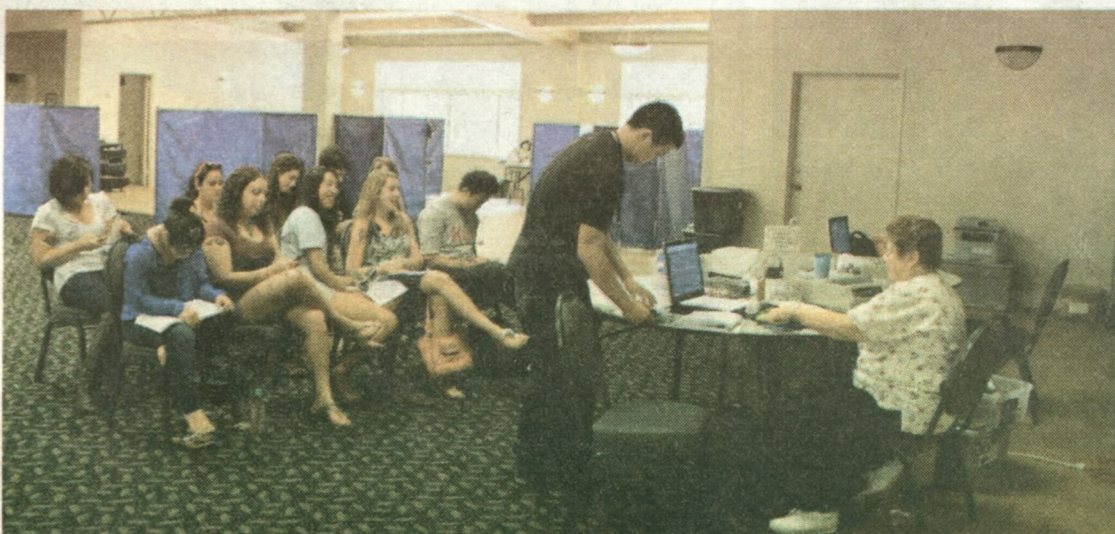
At the beginning, a panel presentation by community leaders will take place to start off the event. Afterwards, students, faculty, alumni, and staff will be able to interact with community leaders and learn more about their organizations and how to get involved. This also includes any opportunities for current or future internship and entry-level jobs.

Representatives that will be at the "You" Make a Difference Day include but are not limited to: Stockton Arts Commission, State of California - California Conservation Corps, San

Joaquin County Sheriff's Department, American Red Cross, Women's Center of San Joaquin, Federal Bureau of Investigation, and Peace Corps.

Refreshments will be served at the event and the admission is free and open to all. In order to better accommodate class and work schedules the "You" Make a Difference Day allows attendees to stop by and leave freely.

For more information please contact Kaye at the Career Resource Center 209-946.2361.



Pacific students waiting to donate blood in Grace Covell Hall.

Jesse Voelkert

Elizabeth Youngberg and Rho Pi Phi Co-Host Pacific Blood Drive

Jesse Voelkert
STAFF WRITER

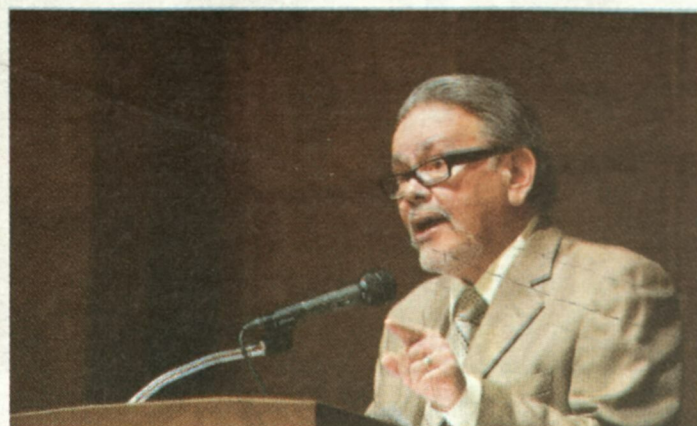
Rho Pi Phi, an international pharmaceutical fraternity, co-hosted a blood drive with Elizabeth Youngberg last Thursday in coordination with the local Delta Blood Bank here at Pacific. The event was held in honor of Stephen Polster, a student at the University of the Pacific who passed away in a tragic skiing accident. Stephen Polster was a regular blood donor, whose blood and organs were able to assist and save the lives of over 50 people. Stephen was

an Economics major, and was active within the Pacific community.

The Red Cross states that a single blood donation can help save up to three lives, and there are studies that show giving blood may reduce the risk of heart disease. It takes about eight weeks for the body to fully recover from giving blood, but there is very little risk involved with the process.

Other blood drives in the past have been hosted in memory of Stephen Polster before, but this is the first time Rho Pi Phi has done this event. The turnout was impressive. Diane Suen,

Professional Affairs Co-Chair at Rho Pi Phi, who helped plan the event, said, "Our sign-up list was pretty good. It was almost full." The unexpected amount of walk-ins also ended up pushing back appointment times by as much as 45 minutes. When asked whether or not Rho Pi Phi plans on co-hosting this event again, Diane answered "hopefully in the future." More information regarding blood donations can be found on the Red Cross website, and registering to become an organ donor can be done through the DMV.



Dr. Munoz speaks at Pacific.

Randall Gee



Attendants of Dr. Munoz's speech in Raymond Lodge Hall

Randall Gee

Dr. Carlos Munoz Speaks at Pacific

Jesse Voelkert
STAFF WRITER

A professor of Ethnic Studies at U.C. Berkeley, Dr. Carlos Munoz gave a speech at the University of the Pacific regarding the struggle to create a multicultural democracy, which is the subject of his upcoming book "The Challenge for an Authentic Multiracial Democracy in America". Dr. Munoz's words garnered reactions from those who came to see him speak, with instances of spontaneous applause after some of his key points.

The audience itself was very diverse, with large numbers of Hispanics, African-Americans, and Caucasians, reflecting Dr. Munoz's observation that "We are witnessing the most profound demographic revolution in our nation's history." Both the history of previous political movements regarding multiculturalism were discussed, as well as recent events such as the bake sale protesting affirmative action at Dr. Munoz's own U.C. Berkeley.

The focal point of Dr.

Munoz's speech was a call for revolution. Statements such as "we have a two-party dictatorship" were used, and the objective of changing the established political and economic structure was a major point of discussion. Dr. Munoz stated "we need to evolve ourselves and decolonize our minds."

After the initial speech, the floor was opened up for a Q&A session between the audience and Dr. Munoz. Here, Dr. Munoz answered questions delving further into how one might accomplish the goal of a multicultural democracy and how capitalism influences this goal. Also, more information regarding the "Chicano" political movement was investigated, the subject on which Dr. Munoz has published an award winning novel.

The end of his lecture was marked by the words: "what I have learned in talking about this dream with you... is that life is struggle, and struggle is life... and victory is in the struggle." After the presentation, Dr. Munoz stayed to meet with audience members, sign books, and take pictures with fans.



Pacifican Staff
FranShawn Croft, Josh Chipponeri, Allyson Seals, and Sylvana Ho with their awards at the Journalism Conference.

Journalism Conference 2011 Hosted by *The Pacifican*



Guest speakers Dave Fredrickson, Katy Berry, and Dan Day



Pacifican Staff
Jon Mendelson speaking on opinion writing.

JOURNALISM CONFERENCE FROM PAGE 1

that "journalism is not dead, there are more opportunities now than ever before." Pointers given in his "Building a Portfolio & Getting a Job Post-Pacific" presentation included doing an initial evaluation of yourself and comparing your outlook to success as if you were training for the Olympics. "Realize everything you do today has an impact on tomorrow" said, Prof. Fredrickson, "as communicators it is our job to put a human face on the conditions of the world."

Those in attendance also had the pleasure of sitting in on "Writing News 101". This workshop was presented by Daniel A. Day, the Director of Interactive Media & Audience Development at The Modesto Bee. When searching for your place in journalism in today's market, Day strongly stressed that "you need to be a multi-media journalist." Because there are so many ways of delivering the news, knowing your way around social media sites like Twitter

and Facebook is a must. Day offered knowledge to the group concerning some ins and outs of being a news reporter. One piece of stand-out advice to writers was to know that "story's have a short life span, but if you make a mistake it lives forever."

Katy Berry, Managing Editor of San Joaquin Magazine shared her expertise in her presentation "Feature Writing". Berry echoed suggestions made by Day, reiterating to all to "choose your words carefully and to care about punctuation and grammar." She shared her approach to editing and suggested making the stories an "easy read....light-hearted table talk." Always "consider the demographics of the magazine." Be aware of who your reader is, and "check out the community and meet people" suggests Berry, who also included her take on the importance of networking. Although not her motivation for doing a great job, media perks are definitely one highlight of working for a magazine.

The "Perspective Prose"

presentation given by Blogger and Editor of the Tracy Press Jonathan Mendelson started off with a reminder that "you are always learning." This statement led to others like "learn as much as you can, and do as much as you can." To be "accurate, relevant and responsible" was a recurring theme in Mendelson's presentation and to extend the learning experience to after the conference, Mendelson offered his assistance and his business card to those in attendance, as did Daniel A. Day. Mendelson candidly answered panel questions making sure his answers satisfied the questions. He expressed to the group the reality that everyone is not always going to like what you write, however "quality matters."

The conference included a lunch and informative guests that shared their personal experiences and information all for the benefit of those who came. There were awards given and many connections were made.

Pacific's Dialogues of Distinction

DIALOGUES OF DISTINCTION
FROM PAGE 1

were represented in our forums."

We cannot afford to lose the insight and energy of this critical mass of leadership. So, today, I pledge to keep the dynamic conversation between this consortium of leadership going. Twice a year I will personally convene "Beyond Our Gates" Community Issues Forum. These forums will bring together regional and campus leaders, national experts and community members to discuss possible solutions to critical issues facing our region."

The Harold S. Jacoby Center for Public Service and Civic Leadership has been entrusted with the duty to produce these twice a year

Dialogues of Distinction community forums.

Professor of Political Science and Executive Director of the Jacoby Center Dr. Robert Benedetti spoke the purpose of the Dialogues of Distinction this way:

"In "Beyond Our Gates" we engaged Pacific and local community together in meaningful conversations that are leading to successful partnerships. Dialogues of Distinction will continue the University's engagement with the community by providing a connection between region and significant national discussions that offer insights into local concerns. We also hope these programs will identify resources which could help Stockton and San Joaquin County address such concerns and overcome them."



Mayor Ann Jonston and President Eibeck at the November 2010 Beyond Our Gates event.

The Weekly Forecast

| | | |
|--|------------------|-----------------------|
| | Sunday | High: 78* Low: 50* |
| | Monday | High: 79* Low: 50* |
| | Tuesday | High: 79* Low: 52* |
| | Wednesday | High: 79* Low: 52* |
| | Thursday | High: 68* Low: 48* |
| | Friday | High: 74* Low: 48* |
| | Saturday | High: 77* Low: 49* |

Nationally Recognized Dr. Elizabeth Molina Morgan to Speak in Stockton



Dr. Elizabeth Molina

Natalie B. Compton
STAFF WRITER

On October 12th, renowned education reformer Dr. Elizabeth Molina Morgan will headline the University of the Pacific's first Dialogues of Distinction event at Amos Alonzo Stagg High School.

Dr. Morgan, executive director of General Colin Powell's Grad Nation campaign, will bring her years of experience in education administration to Stockton to help find ways to improve the county's grim graduation situation.

Four years ago, analysis by John Hopkins University revealed three of Stockton Unified School District's facilities to be "dropout factories," or schools where no more than 60 percent of freshmen graduate.

The event, a part of Pacific's "Beyond Our Gates" initiative, will bring 200 influential leaders in the community together to come up with ways to put Dr. Morgan's ideas for San Joaquin County into motion.

Dr. Morgan, who holds a PhD in administration from American University in Washington, D.C., has a broad history in education reform including nine years as a superintendent of Washington County (MD) public Schools where she increased the graduation rate from 78 to 92 percent.

This type of success made her the perfect candidate to lead the America's Promise Alliance initiative, Grad Nation. The initiative aims to rally the country together to stop and reverse the national dropout crisis.

In addition to her work

with Grad Nation, Dr. Morgan has also joined the Coalition for Educational Success' Board of Advisors, an association that advocates for policies supporting wider access to higher education.

The first-generation American leader has been showered with accolades for her work in improving education. She recently received the Lifetime Achievement Award from the Association of Latino Administrators and Superintendents in 2011, a tribute revered as the highest honor given by Latinos to commemorate cultural pride and accomplishment in America. She has also received Nancy S. Grasmick Excellence in Minority Achievement Award and The American Association of School Administrators' 2010 National Superintendent of

the Year.

The goals of Dr. Morgan's Grad Nation tie in directly with those of Pacific's Beyond Our Gates forums. Throughout the forum series, convened by University President Pamela A. Eibeck, various aspects of community life were examined to discover what could be improved. One of the main concerns of the community was education reform, and the upcoming Dialogues of Distinction will deal solely in this issue.

Hosted by President Eibeck and the Beyond Our Gates Community Council, the event will run from 8 a.m. to 11:30 a.m. The Dialogue is free of charge and open to the public. For more information on the event, contact the Jacoby Center at 209.946.7444.

Pacific to Hold TEDxSanJoaquin

Sara Menges
NEWS EDITOR

Next week on October 12th the University of the Pacific will be celebrating 'Revolutionary Ideas' with TEDxSanJoaquin on campus. As described by Pacific's press release, the theme 'Revolutionary Ideas' reflects the "diverse culture and potential that characterizes the Central Valley." TEDxSanJoaquin will capture this diversity through the demonstration of "innovative" technology, research, art, and social entrepreneurship.

A nonprofit organization with a mission around "Ideas Worth Spreading" TED started its first four day conference 26 years ago in California. Thinkers and doers around the world are invited to TED to give a talk in 18 minutes or less.

Past speakers in TED conferences include Bill Gates, Sir Richard Branson, UK Prime Minister Gordon Brown, and Isabel Allende. TEDTalks from various speakers can be viewed online at TED.com and are posted daily with new interactive features for fans.

TEDx, where x = independently organized event, aims to capture the same atmosphere and energy as TED with talks that cultivate discussion and thought. So next week at Pacific, TEDxSanJoaquin will challenge sixteen speakers to give "the talk of their life." The conference registration will start at 10:30am followed by a networking lunch at 12 before the TEDxSanJoaquin Talks begin at 1pm. For a complete list of speakers and more information on the agenda please visit www.tedxsanjoaquin.org.

TEDxSanJoaquin is presented by the University of the Pacific's Global Center for Social Entrepreneurship. Although tickets are by application and invitation only, the deadline to apply for consideration of attendance can be submitted up until October 7th 2011. For those who cannot attend, live simulcasts will take place can viewing instructions can be found on the website.

For additional information regarding TEDxSanJoaquin, please contact event Curator, Spencer Ton, atston@pacific.edu or (209) 946-7656.

Affordable Oral Health Care – On Campus!



The Pacific Dental Care Clinic offers convenient oral health care to students, faculty, staff and others in the Central Valley.



We offer a wide range of services, including check-ups, preventive services such as cleanings and sealants, x-rays, restorative and cosmetic dentistry, periodontal care and implants.



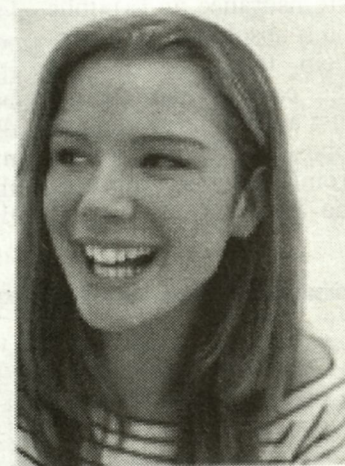
Care is provided at reasonable prices by residents and dental hygiene students under faculty supervision. Most insurance plans accepted. Payment plans available for those eligible.

Pacific Dental Care Clinic
Health Sciences Learning Center and Clinics
757 Brookside Road, 2nd floor
Stockton, CA 95211

www.dental.pacific.edu
then click on "Dental Services"

Open Monday – Friday, 9 a.m. – 5 p.m.

Call today for an appointment.
209.946.7404



It's Time to Smile!

PERSPECTIVES

The Affordable Care Act and the Supreme Court The Republican and Democratic Viewpoints

Constitutional or Unconstitutional: That is the Question

Mitchell Woerner
CONTRIBUTING WRITER

With a new Supreme Court team, we'll see whether the health care law issue will be brought before the Supreme Court. Now there's only one issue with the bill: the individual mandate. It's been the focus of every single district and circuit court case. Now personally, I don't even like the individual mandate because we're forced to buy private health care insurance for which prices haven't gone down, and we don't have any alternatives, such as a public option. So if the individual mandate were to be ruled unconstitutional, I wouldn't mind.

The rest of the law doesn't have any question of whether it's constitutional or not, as it's just reforming an industry that has had many problems for the past couple decades. The law is not a government takeover of the health care system. Unless you're retired or fit the standards for Medicaid, your only option is private health insurance, and the spending in the bill ends up going to people so that they can buy private health care insurance. From the viewpoint of a progressive like myself, the Affordable Care Act doesn't go far enough. We still have to buy expensive private insurance, and a public option is absolutely necessary to help lower prices. It's another case of Obama going for just a little bit of change, as opposed to the real reform he promised in his campaign.

The law isn't all bad. It

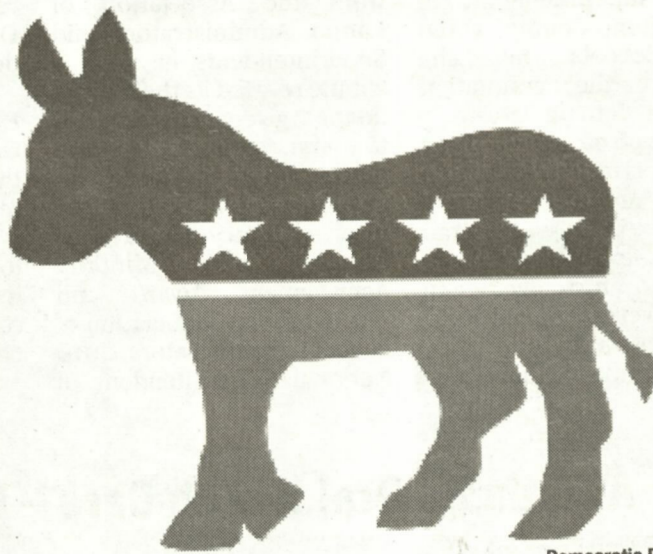
insures 44 million people, and in a country where 44,000 people die each year because of a lack of health care insurance, it is definitely needed. It also covers people

against it, while one judge who struck down the mandate also said the whole law was unconstitutional as well. The other judge who struck down the mandate said a court

to allow Medicare and Social Security. However, because Congress didn't explicitly state the mandate was a form of taxation, the Appeals court rejected that argument.

mainly decide between the dispute between the 11th and 6th circuit decisions, ignoring the technical law found in the 4th's decision.

What will the Supreme



Democratic Party

with pre-existing conditions, and ever since the bill has spawned we've heard countless stories about those that haven't been covered because of a pre-existing condition. But whether or not you like the law doesn't really matter, as there is quite a difference between liking a law and questioning its constitutionality.

The health care law has gone under review several times since its passing and will be the key to how the Supreme Court eventually decides whether the mandate, and perhaps the law itself is unconstitutional. A number of courts have thrown out lawsuits against the law without entirely considering it a question, but there have been four different federal district courts that have made decisions regarding the law. Two are in favor of the mandate, and two are

could separate the mandate from the rest of the law.

The Appeals courts were no less divided on the issue. The 6th and 4th Circuit Appeals court upheld the law and the 11th Circuit disagreed. The 6th argued that the commerce clause clearly allowed the mandate and law as it's obvious that a 2.5 trillion dollar industry is economic in nature. The 11th Circuit ruled against it, but ruled that the mandate could be struck down separate from the law. Both courts did strike down the government's taxing power argument though. There are two different ways of reasoning that defend the mandate.

One is the commerce clause, which lets the federal government regulate interstate commerce. The second is the government's power to tax, which was used

However, the 4th Circuit Appeals court dismissed both challenges and added on another factor, that the mandate can't be challenged because the mandate doesn't take effect until 2014, and challenging it now would violate the Anti-Injunction Act. One of the judges Andre Davis, said he would uphold the law based on the commerce clause alone.

Now this leads us to the Supreme Court. The majority of the court is conservative, and because the Appeals courts disagree, the Supreme Court will most likely take the case. In my opinion, the entire law isn't at stake. Even the Appeals court that did strike the mandate said this didn't affect the entire law. The Obama administration's goal is to keep the law, and they want the justices to

The Supreme Court justices Court decide? It's not entirely sure. It will definitely be a decision. My gut is telling me the mandate will be struck down, but the entire law will be in place. The reason why this is because if the Supreme Court decided to go with the District Court Judge Vi the one that struck down the whole law, they'd be against every single judge that has touched the case.

The court is conservative but other than a few decisions they have strayed from an activist court. It's hard to predict the Supreme Court and it'll be easier to tell the oral argument takes place. Until then, we just have to wait and see.



Steve P



Are you a
STUDENT LEADER?

Nominate them for the Student
Leadership Issue at
pacificaneditors@pacific.edu

*DEADLINE EXTENDED TO OCTOBER 13

Obamacare: The Aftermath...So Far

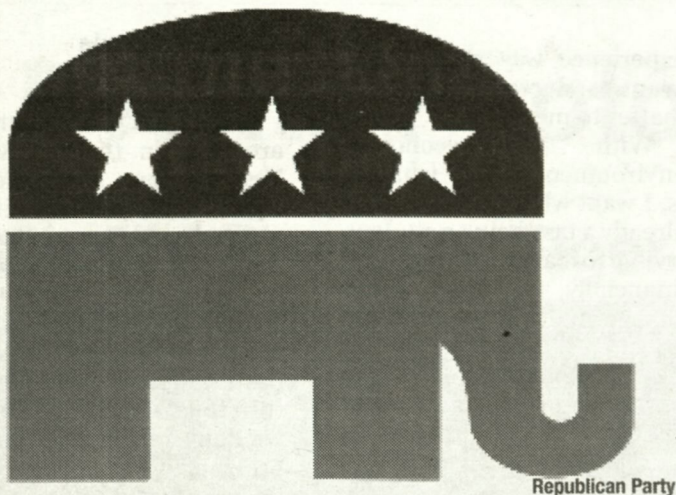
Morgan Hendley
CONTRIBUTING WRITER

My evaluation of Obamacare could easily turn into a rant about how taxes will increase, how Obamacare will have adverse consequences in regards to patient care, how this plan will raise the deficit, and how it will evolve healthcare into a DMV-esque socialistic nightmare.

However, as tempting and true as those arguments may be I will limit my evaluation of Obamacare to only the newest developments that have occurred in the months since its passage.

It has been approximately 18 months since the passage of Obamacare. What developments have we seen thus far in the healthcare world as a result? We see mainly reforms made in an attempt to protect consumers from private insurance companies in the form of the patient bill of rights as well as making healthcare more affordable for individuals with pre-existing conditions. These are the only positive developments that have resulted from Obamacare in the months since its passage.

However, there has been



one troubling development in particular. Obamacare aims specifically at 'strengthening' Medicare and Medicaid programs. Strengthening in the form of...money, and lots of it. According to the Heritage Foundation, "Nonpartisan analysts at both the Congressional Budget Office and the Centers for Medicare and Medicaid Services estimate that this will increase annual spending on the program by around \$100 billion." In light of our trillion dollars and ever increasing debt this is highly irresponsible of the struggling Obama administration.

Strengthening these government entitlement programs is the last thing that should be considered, at least without first reforming them. This boils down to the age old Democrat belief that the best way to fix or 'strengthen' anything and fix problems within a program is by 'increasing funding. The Democrat rational is that by increasing funding of Medicare and Medicaid programs the quality of individual care will increase. This is proven false. According to the Heritage Foundation, "Physicians treat Medicaid patients in ways that can negatively impact their health and use fewer guideline-recommended therapies on Medicaid recipients. Medicaid recipients also tend to lack a regular place of care and thus receive a greater proportion of their care in the emergency room, which has been shown to have high rates of medical errors." So to simply increase funding of these programs with little to no reforms fails to solve any of the real problems inherent within the Medicare and Medicaid programs.

To argue the success of Obamacare based off of what we have seen thus far would be arbitrary. We have been seeing minor reforms, which Republicans favor. We have not seen the actual government funded plan as of yet, only traces of it as evident in the proposed beefing up of Medicare and Medicaid programs without first reforming them. If the government would simply devote their energies to reform instead of expansion then we might actually start to see some improvements with access and quality of care.

Ten Years For Thirty Bucks

Danielle Procope
STAFF WRITER

Patricia Spottedcrow, a 25 year old Oklahoman woman and a mother of four, has been sentenced to ten years in prison for selling \$31 of marijuana to an undercover police informant.

As a first time offender and someone who had begun to deal marijuana as a result of losing her job, many believe her sentencing was incredibly harsh. Spottedcrow was offered a plea bargain of two years but refused because she believed that she would be sentenced to less time. Many similar offenders, including Spottedcrow's own mother who sold along with her, are only fined and given probation.

In a report given by Judge Susie Pritchett, who presided over the case, she said, "When she needed money ... this is the avenue she chose rather than finding legitimate employment... The defendant does not appear remorseful ... and she makes justifications for her actions."

Pritchett's words exhibits a blatant disregard for the circumstances that can drive a person to committing illegal activity. It also shows a lack of understanding for the oftentimes necessary means that those in poverty utilize in an effort to support their families. In our now crumbling economy, as the job industry and access to higher education both suffer, poverty climbs. Poverty drives crime, particularly petty drug offenses. Spottedcrow is a perfect example of this. She worked at a nursing home prior to losing her job and her house. She turned to selling marijuana, a low-level drug with no more negative effects than legal cigarettes, to support her family. And as a result, she has been deemed to be an unfit mother deserving of even more than ten years in prison since the judge called her sentencing "lenient".

High-level and more successful drug dealers often face softer sentences than Spottedcrow because they know to accept plea

bargains. Spottedcrow, who as a first-time offender was ignorant of her legal situation, did not take a plea bargain and faced the ultimate result, a life stripped of her children, her husband, and her freedom.

This case should give cause for a stronger critique of the "war on drugs". America has a higher percentage of its citizens incarcerated than any other country because of our emphasis on drug offenses, and particularly because of our emphasis on punishing the crime almost exclusively of rehabilitation. In Oklahoma, 48% of its incarcerated women are serving time for nonviolent drug offenses. 22% are there for other nonviolent crimes.

The majority of drug arrests are for marijuana possession. Most of the people in prison for drug offenses have never sold high-level drugs. Yet, like Spottedcrow, ten years of their life can be swiftly taken away for their crime.

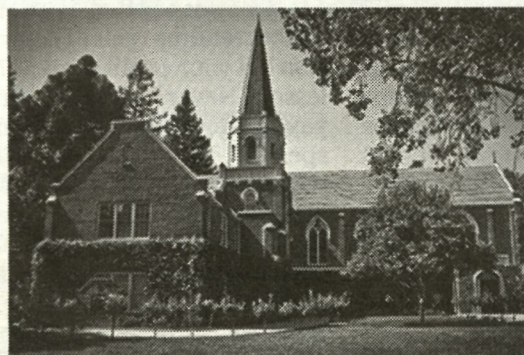
Our drug policy continually demonstrates a lack of compassion for human life as it chooses harsh punishment over rehabilitation. It continually targets the impoverished and people of color.

The result is not a decrease in drug use or a more peaceable society, as it claims to support.

The result is the creation of an ever-growing prison population that would be better off in rehabilitative care, with access to a formal education, and a job market. The result is increased government emphasis on funding prisons at the expense of institutions of learning and rehabilitation centers. Almost all American prisons are overcrowded. This impacts prisoners' emotional and physical health and raises the likelihood for repeat offenses.

As Americans, we can look at the Spottedcrow case and others like it, and question whether our American legal system has sensible priorities that are for the betterment of society, or if these laws merely oppress already oppressed groups and furthermore hinder society at large.

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Where's the Beef?!: Food Truck Review

FranShawn Croft
STAFF WRITER

Just a few feet away from the Psy-Comm building is an inviting structure on wheels that promises to be "Fresh E.A.T (Easy Artisan Takeout)." Students are often gathered around the brightly decorated food truck, and some take advantage of the umbrella covered tables that are available for those who have time to sit and eat in between classes. Normally this is the group I would have targeted to find out their take on the victuals in question, however this time I wanted to take a personal approach.

I had taken a look at the menu at the beginning of the semester and decided it was a bit too pricey. However this week giving in to my curious palate, I literally ate the cost. I decided to pick three items from the menu.

The first item I devoured was the cajun fish tacos. The second taste on my list was the pulled pork, and the third was a corned beef breakfast burrito.

I was pleasantly surprised with my tacos, and as I said before, I devoured them, however the pulled pork

sandwich requested an introduction to a generous amount of Sweet Baby Ray's Bar B Sauce before it reached its full potential, but at this point I was on a roll with my menu choices.

I was brought to a disappointing stop when I encountered the corned beef

experience was an isolated event, and really it doesn't matter to me.

With the economic environment being what it is, I want what I pay for. It is already a task being a student trying to balance things out financially, so don't short change me. My question



The E.A.T (Easy Artisan Takeout) truck located on south campus. Sustainable Dining at Pacific

burrito. I may be wrong, but I would like to think that a CORNED BEEF BURRITO should have more than a sliver of CORNED BEEF! I never consume food prior to inspecting it, so naturally when I sat down to enjoy my corned beef burrito I opened it up to take a peek, and to the horror of my anticipating tastebuds it was full of eggs and hashbrowns, and I honestly had to search for the meat! This menu choice was the epitome of an EPIC FAIL! I don't know if this

was and still is "Where's the Beef?" When I decide to treat myself I want my money's worth.

CAJUN FISH TACOS:
Two thumbs up

PULLED PORK
One thumb up

CORNED BEEF BURRITO:
Three thumbs down. I know I only have two thumbs but I was hoping you'd lend me one of yours to stress my point.

MONEY MATTERS Credit Cards

Vishal Vasavda
STAFF WRITER



Vishal Vasavda

Tigers, let's face facts, we are poor in the real world. Yes, we have some income, eight, nine, ten and if you are lucky eleven dollars an hour, but if you had to live on your own, without any assistance whatsoever, in today's economy, we would have scraps. So, we naturally turn to fake money, or money we don't really have, but can pretend to have. This is also known as a credit card. Credit cards are ingenious, as they provide the user money that he/she does not have at the time, but instead will have (or claim to have) by the end of the month. Credit cards are great tools for those who do not want to carry around sums of cash, but rather, a handy plastic card. With companies like MasterCard, Visa, Discover and Amex, you can literally purchase anything in the world, with a few rules one has to watch out for...

Credit cards are your friend, but at the same time can be your worst enemy. Credit card companies often will go through banks, like Chase, Wells Fargo, Bank of America, etc. This is great, for variety is the essence of capitalism, but is overwhelming at the same time. There are cards with a percentage of cash back on what you spend (up to ~2%), and there are cards that give you bonus points, to spend on iPods, or a canoe or something unique of that sort. So yes, cards seem shiny and fun to have, but if I were you, simplicity beats all. Get a credit card that doesn't have too many stipulations and other conditions/fees.

Without getting into the grimy details, my best recommendation for credit cards is to apply for a college card. This is designated for students, and let's students spend up to \$1000 per month on anything they want. Of course, the student is responsible to pay all of the spend credit back, by the end of the month. College cards, though they may not have a cash back, or bonus programme, are a good way of establishing credit (see last article), and building a good financial foundation. College cards may be offered by your bank, so check with them and their respective plans. However, if not, you can

easily go to another. Most do not require opening an account with them sort (e.g. savings, checking). Wells Fargo and Chase are two I would recommend. So where is the ease like quality I had promised. With credit cards, you to know some jargon can be misleading. Let's Sally bought seashells seashore for \$500, and end of the month, she only \$50 in her savings account. Most banks and credit allow you to make some called a "Minimum Payment" which allows you to pay \$25 for that statement, than the whole \$500 may think, "Great, I more!" Well, here is MasterCard and Visa. The interest charged on cards can charge you 26.99% interest, per for what you haven't. So that \$475 that she will magically (or a say "contractually") be up to an extra \$100 by the next month's statement. Again, this is per month she does not pay that, it's a never-ending cycle. This also kill your credit score. Lesson? Never make minimum payments. Yes, the special circumstances which one may have to you can help it, don't. In addition, Sally perhaps sell seashells seashore instead of them.

Credit cards, summation, are great as a convenience. Do not minimum payments, a result in a much higher lead to debt, and an credit score. There are nuances to note about cards, like knowing you and trying not to spend than half. For example, bank and Visa decide you \$800, and you \$450, this could potentially lower your score by one or two. Though annoying a small thing to worry as students have a very limit to begin with, it is to know. Basically, within your means, it go wild.



PACIFIC GROWLS

What are you doing for Fall Break?

"My good friend Derrick's coming up from SoCal and there's a possible trip to Reno."

#Ross Yeager
C.O. 2012

"This weekend I'm driving to visit my younger brother in Santa Barbara - I miss him already!"

#Alexis Duclouis
C.O. 2013

"Staying here and playing water polo, we have practice every day."

#Joe Orr
C.O. 2012

"This fall break I will be spending some quality time with my family and my boyfriend!"

#Kira Chinkonsung
C.O. 2014

LIFESTYLES

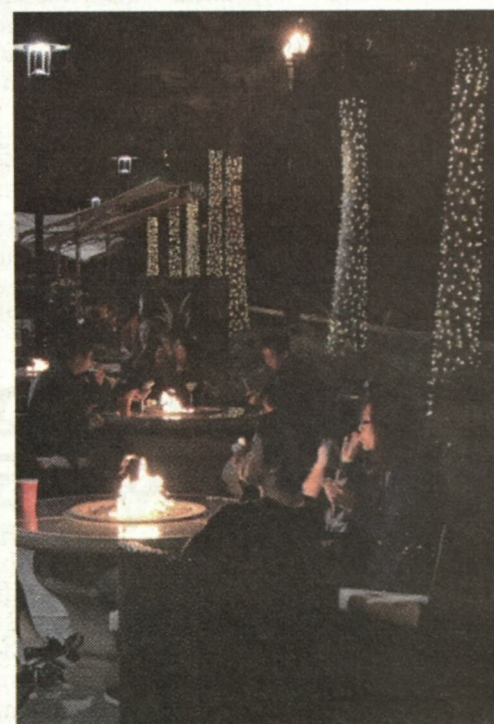
Weekend Events Photo Recap

All Photos by
Brianne Nemiroff
LIFESTYLES EDITOR

ASUOP and Theta Chi Presents Tiger Nights

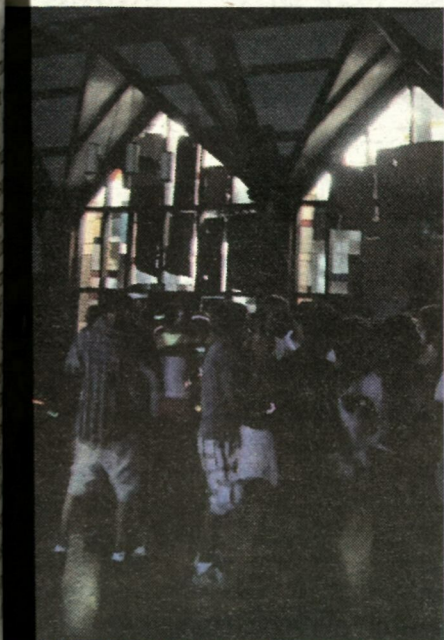


Ship of Foolz performing at the University Plaza Waterfront Hotel.



Students roasting marshmallows by the fire pit.

RHA Presents "Glow in the Dark" sponsored by Sigma Chi



Fire dancers entertaining alongside Ship of Foolz.



Members of Theta Chi and other Pacific students playing paddle tennis and mingling.



Delta Sigma Theta Presents the Ignite Program

Danielle Procope
STAFF WRITER

This past Saturday, the Lambda Tau Chapter of Delta Sigma Theta sorority hosted the Ignite Program: a session where the objective is to encourage young women to actively pursue political office. It was founded and is currently run by Dr. Anne Moses who firmly believes that women's increased presence in politics would lead to fundamental change in this country. Currently, women make up approximately 52% of the US population but only around 16% of federal level politicians. It is this reality that drives Dr. Moses to teach young women that political office is both accessible and necessary for women to gain if change is going to occur.

During the five hour session, participants learned the history of women's political representation and why this group's underrepresentation matters. Participants also learned to challenge their notions on what a woman's role as a leader can be and to identify and overcome their fears about running for office. There were tutorials on how to fundraise for a campaign, how to file your papers, and meet voters. At

the end, interested participants left with enough information to create a comprehensive 5-7 year plan to position them for a future candidacy.

A highlight of the event was having guest speakers, Dr. Susan Eggman and Evelyn Tolbert, who are both local politicians and women of color. They spoke to the program participants

in our minds. Likewise, Dr. Eggman said, "We live in a racist and sexist society, but that should not be a stumbling block for anyone."

Chanel Murray, a political science major and current Vice President of Pacific's Delta Sigma Theta chapter, says, "It is important to expose young college women to the



Danielle Procope

about the challenges they faced while seeking election and the challenges they face now that they are serving in office. Both women brought inspiring perspectives and great insight. Tolbert said, "I encourage people to run for political positions. If you feel like you have leadership abilities, then you should run." She also stated that our biggest impediments to success are the ones we create

skills they need to lead in their communities. This program helped to develop their interest and confidence in running for office. Our sorority is committed to supporting the future leaders on this campus."

This program can be offered to interested student groups by contacting Dr. Anne Moses at annebmoses@gmail.com or by calling 415.730.4582.

NUTRICAT'S CORNER

Is Junk Food Really Cheaper?



Alexandra Caspero
CAMPUS DIETITIAN

When asked WHY we don't eat healthier, most people default to the expense of fruits, vegetables, and other "healthy" foods. Food

Inc. tried to show that it's more affordable to feed a family of four at McDonalds than to cook a healthy meal for them at home. Is this really the case? Is it cheaper to eat junk food than healthy food? **No.**

If a family of four orders four value meals they will spend, on average, \$26. You can buy a rotisserie chicken, bagged salad, and a box of rice for much less. (\$14). If you're in a hurry and need food immediately, you don't have to turn to Carl's Jr. or Jack in the Box. If you can

drive to McDonalds, then you can drive to Subway. The \$5 it costs you for a value meal can buy you a foot long sub piled high with lean meat and vegetables.

Bottom line: eating healthy doesn't have to be expensive. Additionally, junk food doesn't always mean cheaper options. Here are NutriCat's favorite **inexpensive, healthy foods:** beans, brown rice, whole wheat pasta, frozen vegetables, trail mix, farmers market fruit in season, eggs, canned tuna, cottage cheese, peanut butter, peanuts, soy nuts, and "homemade" cheese sticks cut from blocks of mozzarella cheese.

Pacific Fall Fashions: Look of the Week

Summer Irvin
STAFF WRITER

Are you sick of people wearing their pajamas to class? Be spotted on campus wearing your most fashionable outfit this fall and you could be the next "look of the week!"

NAME: Chito Maciel
MAJOR: Exploratory
YEAR: Freshman
FASHION ICON: Matthew McConaughey
FAVORITE BRAND: Lucky Brand
FAVORITE STORE: American Apparel
FAVORITE ITEM IN CLOSET: Plaid Lucky Brand button-up shirt
ONE WORD TO DESCRIBE YOUR STYLE: Casual-Chic



Affordable Fashion Find UNDER \$40



Hot Topic
Hot Topic \$9.99

This season's must have item in your closet is "nerd glasses". All the celebrities including Jay-Z, Madonna, Justin Timberlake are all rocking the wide black glasses. Maybe we should blame Harry Potter for this season's trend or everyone should just embrace their nerd! Nerd glasses will transform your plain and boring into instant hip- fashionista! This season 'retro' is the go, with graphic tees, high waist skirts and rompers, yep, not go wrong! Best thing about this item? They are cheezy and they are unisex. Remember, geek is chic!

SPORTS

TIGER X SCHEDULE

THUR, OCTOBER 6 -- WED, OCTOBER 12

- 10/6:** 12:05-12:50 PM -- Yoga (WR)
 4:00-5:00 PM -- Piloxing (WR)
 5:15-6:15 PM -- WalkFit (FD)
 5:30-6:30 PM -- Indoor Cycle (RR)
 6:30-7:30 PM -- Zumba (WR)
 6:40-7:00 PM -- Awesome Abs (RR)
- 10/7:** 6:30-7:15 AM -- Express Cycle (RR)
 4:00-5:00 PM -- Zumba (WR)
 5:15-6:30 PM -- Yoga (WR)
- 10/10:** 6:45-7:15 AM -- Jump Start (WR)
 7:30-8:30 AM -- Fit & Funtional (WR)
 12:05-12:50 PM -- Pi-Yo (WR)
 4:00-5:00 PM -- Core Cycle (RR)
 5:05-6:20 PM -- Yoga (WR)
 6:30-7:30 PM -- TurboKick (WR)
- 10/11:** 12:05-12:50 PM -- Yoga (WR)
 4:00-5:00 PM -- Piloxing (WR)
 5:15-6:15 PM -- WalkFit (FD)
 5:30-6:30 PM -- Indoor Cycle (RR)
 6:30-7:30 PM -- Swing Dance (WR)
 6:40-7:00 PM -- Awesome Abs (RR)
- 10/12:** 6:30-7:15 AM -- Express Cycle (RR)
 7:30-8:30 AM -- Fit & Funtional (WR)
 12:05-12:50 PM -- Power Sculpt (WR)
 4:00-5:00 PM -- Zumba (WR)
 5:15-6:15 PM -- Yoga (WR)
 6:30-7:30 PM -- Barre (WR)

FD -- Front Desk
 RR -- Rubber Room
 WR -- Wood Room

Tiger X Fall Fitness Challenge begins
 October 10. See Front Desk to pick up
 Tiger Card and begin playing.

Pacific Upsets #18 UC Irvine in Overtime

*Tigers Bounce Back From Disappointing
Draw to Beat Conference Champs*

Ruben Dominguez
SPORTS EDITOR

The Pacific Women's soccer team scored a tremendous upset on Sunday, taking out defending Big West Champion #1 UC Irvine in a 3-2 game won in overtime by senior Alex Topp.

The Tigers remain undefeated at home this season with a 5-0-1 record and upped their overall record to 7-4-1. It was the program's first win over a ranked opponent since Pacific defeated #22 Fresno State 2-1 September 12, 2006.

After an even first twenty minutes of play, the Tigers got on the board. Senior Laura Hogan played a nice ball to senior Nydia Ramos on the left side of the box. Ramos got off a shot which bent beautifully into the upper right corner of the goal, giving Pacific the lead in the 24th minute.

Irvine would tie up the game fifteen minutes later. The Anteaters were awarded a penalty, which Coco Goodson converted, in the 39th minute.

It would be awhile before the next goal, a goal which put Pacific down for the first

time in the game. Zuri Walker crossed the ball from the right side into the box. An unguarded Lexi Kopf headed the ball into the goal to make the score 2-1 in the 68th minute.

Only seven minutes later, freshman Pernille Schulze-Larsen carried the ball just inside the Anteater's box. After a deflection off an Irvine defender, Schulze-Larsen's pass found Hogan all alone on the right. Hogan didn't waste her chance, shooting the ball past goalkeeper Jennifer Randazzo and tying the game in the 75th minute.

The Tigers almost gave the lead right back to the Anteaters a few minutes later. A through ball put Kopf into a one-on-one with sophomore goalkeeper Tashia Long. Long charged out and stopped the shot, keeping Pacific in the game.

In the final seconds of regulation, Walker found herself in front of an open Pacific net. Her shot, which would have won the game for Irvine, was blocked on the line by freshman Malaya Cabrera. This sent the game into overtime.

On Friday, the Tigers squandered a 1-0 lead in the 83rd minute to Cal State Northridge, the first opposing team to score inside Stagg Memorial Stadium this season. Despite great chances through two overtimes, Pacific could not find the winning goal. The game finished 1-1.

The Tigers showed their refusal to let another lead go in regulation on Sunday. They also finally found the game-winning goal they were looking for.

In the 95th minute, junior Lauren Olvera's throw-in eventually found its way to Topp in the box. Topp turned and fired a shot through a defender's legs and past the keeper on the left side, giving Pacific the golden goal victory in overtime.

"I'm really proud of the way this team battled," acknowledged Pacific Head Coach Keith Coleman, "Irvine is obviously a top-level team, so to get that 3-2 win makes us super proud of our team and ready for the rest of the Big West."

Pacific will next head to UC Riverside on Sunday, October 9.

SPORTS THIS WEEKEND

WOMEN'S VOLLEYBALL

FRIDAY

Pacific vs.
 CSU Northridge
 7:00 PM



SUNDAY

Pacific vs.
 UC Riverside
 7:00 PM



Both games will be at the Alex G. Spanos Center.

Pacific Wins in Thriller Grindatti Nets Game-Winning Penalty

Athletic Media Relations

The Pacific Tigers Field Hockey team needed penalty strokes, but downed Robert Morris 3-2 Sunday, October 2, at Brookside Field. The winning stroke came from the stick of Maggie Grindatti in the sudden death round of penalty strokes.

The Tigers were first to strike when senior Amanda Spellman knocked in her

each other's goalies. The Tiger defense turned away three shots, while the Colonial's keeper, Erin McKenzie made four saves. The game came closest to its end with just over two minutes left in the first overtime. The Tigers were rewarded a penalty shot in the circle and called upon Maggie Grindatti off the bench. The sophomore from Saco, Maine ripped a firm shot that struck the left post and deflected wide.

The second overtime

The Colonials were the first to shoot, ripping a shot to the right of Schlesier. The keeper, who has been great all season for the Tigers, dove to the right extending her stick, and met the ball sending it wide of the cage. Schlesier said of the save, "sudden-death is about setting the tone, and I was able to do that with the first save. I followed the ball well and was able to get a stick on it."

Head Coach Linda MacDonald was then forced



Sophomore Maggie Grindatti scores winning shot against Robert Morris.

Athletic Media Relations

third goal of the season giving Pacific a 1-0 advantage. On the goal, Spellman gained control and blocked a shot from Emily Trudeau and put the ball to the back left corner of the cage.

However, Robert Morris looked for a quick answer when a nice lead pass put Jamie Hartley one-on-one with goalkeeper Ashlee Schlesier. Schlesier attacked the approaching forward, and made an amazing diving save to leave the Tigers up 1-0.

The Tigers were not done scoring in the first half. A great individual effort from sophomore Melissa Maultsby gave Pacific a 2-0 lead. Maultsby intercepted a cross pass just outside of the circle, beat a defender, and put the ball through the keeper's pads. It was the third goal of the season for the forward from Fallbrook, Calif. But, the win would not come so simple for the Tigers in the afternoon. Robert Morris fired back with two goals from Chantele Crow and Taleah Scott tying the score at 2-2 setting the stage for overtime.

The first overtime was a battle from the beginning with both teams firing away on

featured the Pacific offense ripping five shots, and again with just minutes remaining it looked as if the Tigers would end the contest victorious. After two penalty corners the Pacific offense ripped five consecutive shots, but were turned away by a battling Robert Morris defense.

After Ashlee Schlesier made thirteen saves in 90 minutes of play, the nation's seventh ranked goalie in saves per game was placed with the game in her hands heading to penalty strokes.

The Tigers missed their first attempt after the keeper blocked Maggie Grindatti's shot, but after a miss from Robert Morris, sophomore Paige Counsman beat the Colonial's keeper giving Pacific a 1-0 advantage in penalty strokes. However, Robert Morris answered with two straight goals, putting Amanda Spellman in a must make situation. The senior ripped a shot that rattled the back of the cage tying strokes at 2-2. Robert Morris had one opportunity to close the contest, but Ashlee Schlesier stood strong making a great save to push the game to sudden-death penalty strokes.

with the decision of who to send for the potential game-winning score. After being turned away on two previous penalty strokes Maggie Grindatti, once again, had the chance to play hero. She lined up the shot, ripped it to the post she hit earlier in the game, but this time it caught the back of the cage, giving the Tigers a 3-2 victory. MacDonald never doubted Grindatti saying, "Maggie is a player that will come through for the team, and we knew she would finish it."

Grindatti was confident after the two misses saying, "coach called on me, and I had to do this for the team and myself." She added, "with the stroke being my third, the keeper knew where I was going, but I knew with my strength I could power it through and it led to the game-winner."

The Tigers look to use the momentum of the thrilling win as they leave for three games in Virginia to take on Longwood, Richmond, and Virginia Commonwealth Oct. 6, 8, and 9, respectively.



Concussions

There are huge differences between individuals and how their bodies respond to each injury; therefore the outcome of a head injury will differ depending on individual and the hit they take. A slow but progressive onset of symptoms can indicate something more serious and loss of consciousness is no longer a necessity to recognize a concussion although if it or any altered consciousness occurs medical attention is advised. Likewise, the injury doesn't always have to be to the head, an example being whiplash resulting in headache, dizziness, stiffness in the neck, nausea or vomiting, lethargy, and/or memory and balance problems. When exhibiting any symptoms that coincide with a head injury you should seek medical attention to rule out any other serious conditions that can result from a blow to the head or body. Some general symptoms to look for: confusion, headache, sensitivity to light or noise, dizziness, nausea, ringing in the ears, memory difficulty, lethargy, balance or vision problems, etc. The result of a concussion is not career ending with proper rest and recovery continued participation is possible. By neglecting rest and recovery after a concussion you run the risk of more severe or permanent damage and sometimes life threatening conditions. Again, head injuries are very much dependent on individual and shouldn't be taken lightly. If there is even a question, seek medical attention.

News and Notes

TENNIS: The Pacific Men's and Women's Tennis Teams began the 2011 season over the weekend. Men's Tennis took part in the Fresno State Bulldog Invitational, while Women's Tennis participated in the Cal Nike Invitational. Both teams will have the week off before returning to action next weekend. Women's Tennis will play in the Saint Mary's College Invitational October 13-16 and Men's Tennis will head to San Francisco October 14-16 for the Battle of the Bay Classic.

WOMEN'S VOLLEYBALL: The Tigers' weekend road trip was not successful, as they fell to UC Santa Barbara 3-1 on Friday before being swept by Cal Poly on Saturday. Pacific looks to rebound as they host two Big West opponents over the weekend. The team will face Cal State Northridge on Friday, October 7 and UC Riverside on Saturday, October 8.

CROSS COUNTRY: Pacific will be back in action after finishing the Pacific Tiger High School Invitational on Saturday. Tigers will head south to San Diego to take part in the Tri-City Classic Saturday, October 8.